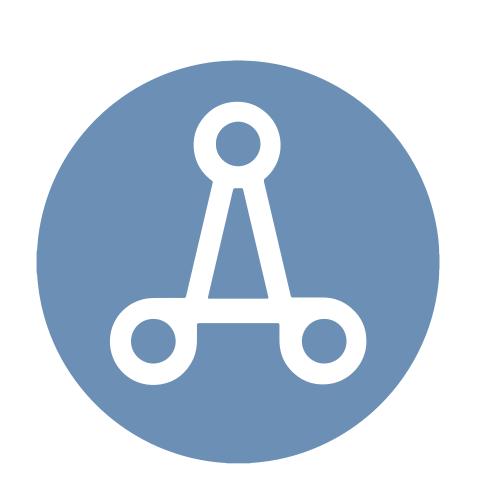
AIAS NATIONAL HEALTH & WELLNESS WEEK



MARCH 22ND - 26TH

GET READY...

Don't miss a beat! Follow (@aias_advocacy for links and updates on programming for each day!

GET OUT: Monday

Take some time for yourself

whether it's getting out of the house or studio

Add your favorite "me time" songs on our playlist! Join the H&WW intro call tonight at 8PM EST!



GET ACTIVE: Tuesday

Set aside some time to get

some exercise

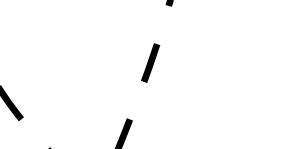
Add your workout songs to our playlist! Join the yoga session tonight at 8PM EST!

GET CONNECTED: Wednesday

Share your experiences with mental health and wellness

Add your go to happy & sad songs to our playlist!

Join the mental health social at 8:30 PM EST! Also check out the THRIVE webinar at 7PM EST!

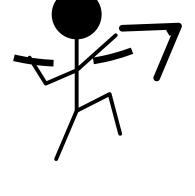


GET EDUCATED: Thursday

Learn about mental heath resources and Learning &

Teaching Culture

Add your studying songs to our playlist!



GET INVOLVED: Friday

Discuss ways to spark change in your Chapter, School &

Community

Add your hype songs to our playlist!

Join the LTCAG Town Hall tonight at 8PM EST!



